August 7, 2020
Issue #17

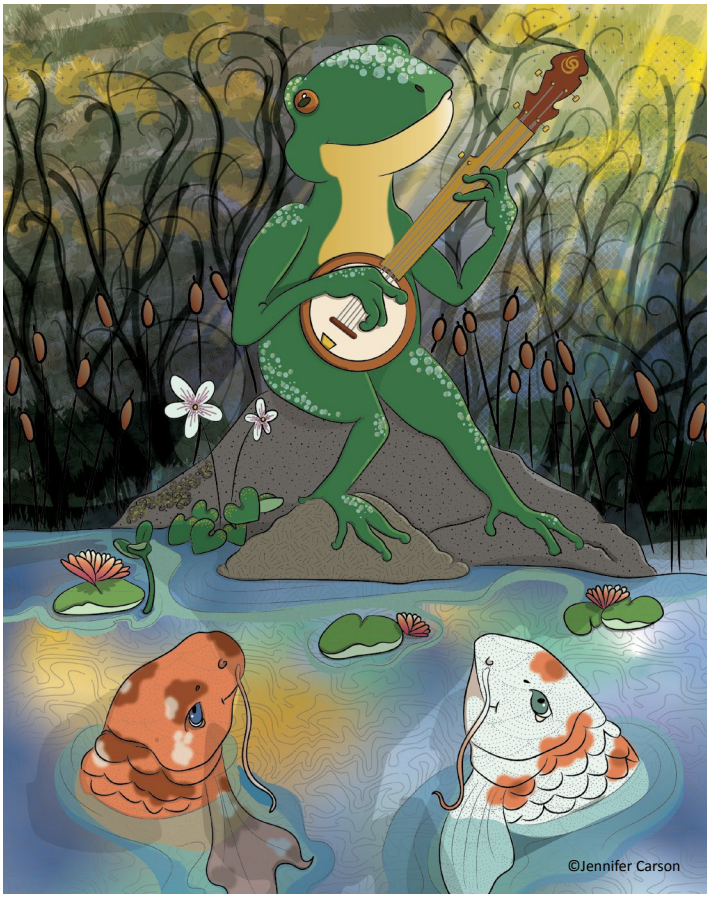
Local Author and Intuition Coach, Nishi Sighal

The Crazy Wisdom Weekly

shining a light in the dark

Published by the *Crazy Wisdom Community Journal* during the Pandemic.

The Crazy Wisdom Weekly



Frog in the Holler by Jennifer Carson

Need a soothing nightime song after a rough day? Check out this soundtrack of night sounds in the swamp.

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Healing Nectar Arts

Compassionate Self-Care Cards & Posters

Created by: Evelyn Ann Barber, an educator of over 30 years, with a MA in Human Development, Leadership in Education, a BA in Child Development, and is a Certified Child Life Specialist. She is a passionate voice in education and healthcare settings and advocate for the health and wellbeing of children and families. Learn more at healingnectararts.com

Compasstionate Self-Care Cards and Posters are designed to offer a gateway for people to explore and share their experiences and emotions while building connections of trust and safety for healthier life skills, coping skills, and relationships one person at a time. The cards include positive affirmations and open-ended questions to promote healthy mental and emotional self-care.

healingnectararts.com

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Please read our parent publication, *The Crazy Wisdom Community Journal*. You can find online archives on our website, crazywisdomjournal.com. *The Crazy Wisdom Journal* has been published three times a year since 1995.

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Thank you to our contributors for this issue:

Amanda Cinco-Hoyt
Rebecca Williams
Katie Hoener
Nishi Sighal
Kirsten Mowrey
Angela Madaras
Austeen Freeman
Carol Karr
Sarah Newland
Jennifer Carson
Bill Zirinsky

Word of the Week:

Indubitable

Too obvious to be doubted.

Because of Covid-19, we didn't publish our usual springtime *Crazy Wisdom Community Community Journal* in mid-April. We will publish our fall issue on schedule. In the meantime, we created a weekly online version—short, and lively, and perhaps a mild distraction for our local and regional readership. We welcome articles, interviews, recipes, wisdom, personal essays, breathing exercises, favorite places for socially distant walks, news of your dogs, whatever. Send your submission to Jennifer@crazywisdom.net.

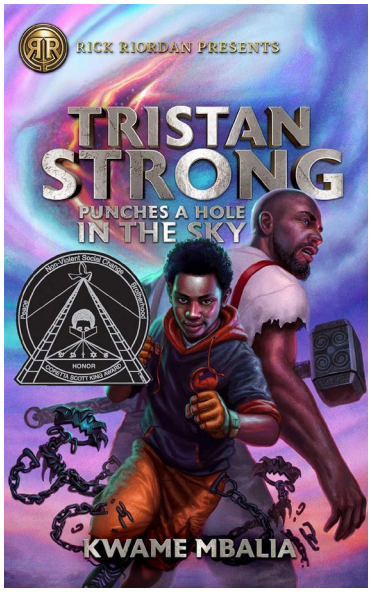
Reading with KIRSTEN

Photo by Kate Jackman

By Kirsten Mowrey

Being an avid reader, I don't confine myself to any one genre: mainstream fiction, fantasy high and low, descriptive history, bubble gum beach reads and intense detail-oriented science, all have their time on my bookshelf. Recently, I read two young adult novels that impressed me in different ways with their craft. If you are one of those adults who left that genre behind when you turned eighteen, you may want to look again. Many bestselling and award-winning writers have turned to young adult books, where there is a diversity and expansiveness of life experience not seen on literary shelves.

Tristan Strong Punches a Hole in the Sky

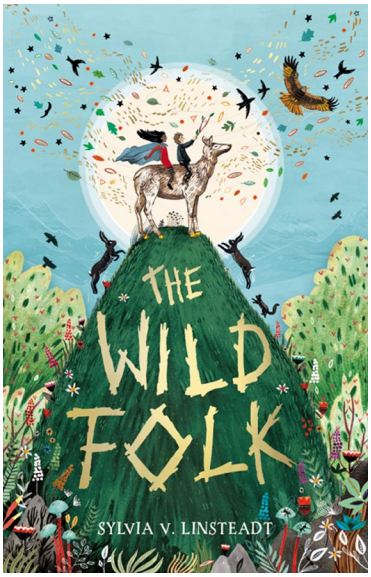


Adventure, myth, and mourning thread their way through *Tristan Strong punches a hole in the sky* by Kwame Mbalia (Hyperion/ Disney).

In Chicago, Tristan lost his best friend, Eddie, in an accident, and is struggling to return to daily life. His parents send him to live with his grandparents in Alabama, where Tristan punches the aforementioned hole and falls through into another land, one where all the stories his Grandmother told, and Eddie collected, are alive with power. How Tristan gets home, makes new friends and mourns the old ones is the plot line of the story, but oh, the world Mbalia has created! Rich with imagery—particularly and intriguingly, smell—Mbalia blends African-American folklore with African folklore in a vibrant, fresh, and lively world. Moving seamlessly in the world building, Mbalia includes many symbols of enslavement that Tristan conquers on his quest, giving the world depth and meaning, enhancing its sense of being real. It's an empowering reframing of African American history, remaking Tristan and by association, us, in its telling. Each chapter is a cliffhanger and makes for compulsive reading. While some of the characters seem a bit over the top and too cinema worthy, Mbalia reins in the story, keeping his eye on the prize of bold Tristan and his stories. No sexual innuendo or excessive violence, just lots of action and adventure.

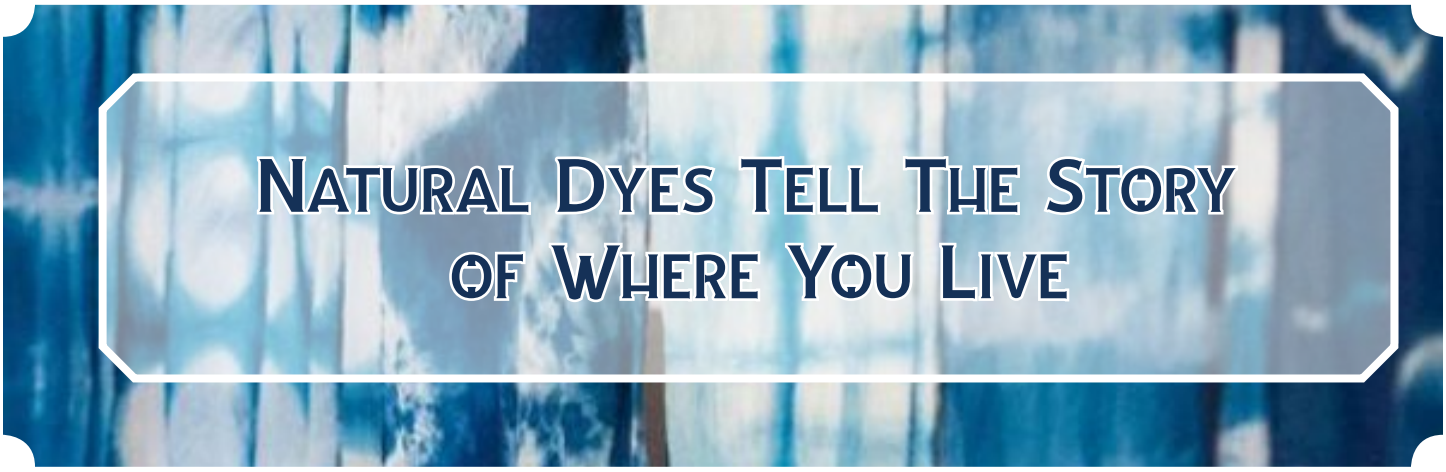
The Wild Folk

Remember how you felt the whole world was alive when you were young? That you were a part of the world, able to converse with the birds, trees, insects and plants? That sensibility lives in *The Wild Folk by* Sylvia Linsteadt (Usborne).



Comfrey lives in a small village in the land of Farallone, where she and her mother make offerings to the land. Tin lives in the city, separated from Farallone by a wall, under the thumb of The Brothers. Tin is a creator, and on the day his creation comes alive, a rabbit lands in his arms. Comfrey is curious about the Wild lands, so when a rabbit lands in her arms and suggests they visit them, she goes. So begins their quests to save the land they love from the Brothers who crave Stargold. Evocative landscapes and a fully built world flesh out this story, full of friendship, love of place, and a vital world.

Linsteadt draws on her home landscape of California to describe Farallone, making it feel real, and uses mythology as a basis for her plot, including witches, tasks, and fools. I treasured this story, as it holds the love we all have for our Earth as the guiding principle, with the world alive in every sense, vital and pulsing with life. A softer, more bittersweet tale than Tristan, with loss, love, justice, and two very saucy rabbit siblings to keep it sensible.



Natural Dyes Tell The Story of Where You Live

By Amanda Cinco-Hoyt

"The story within any natural dye can take you to a place in time, a history lesson of warriors, of antiquity, or harken to your favorite local hiking trail. *The Crazy Wisdom Journal* story highlighting our organization, Color Wheel, ends on a note that makes for a great starting point for this blog:

> "Foraging for native plants [for dye] tells the story of where we live. "
>
> —Michelle McCoskey

Plants tell the story of place and conditions, and most of us can bring forth a favorite memory through that connection.

To some, it is the arrival of a certain bright red berry. For others, it may be a beautiful blossom to look forward to every spring, or perhaps a sea of golden leaves beckoning to be waded through while walking around a familiar neighborhood. To a natural dyer, the sensation and story line that a certain plant contains creates a whole new dimension. Be it the color that specific plant offers on cloth, when that plant is most full of color, or the optional time for harvest. Sometimes even an olfactory memory is signaled, causing goldenrod's lemony sweet scent to rush forward.

In a recent post on our instagram account @colorwheelmichigan, Michelle highlights a skein of wool that was grown and milled within our Great Lakes Fibershed region, purchased from Bridget Kavanaugh, a wool farmer of Happy Goat Lucky Ewe farm and member of the Michigan Fiber Cooperative, an organization that combines the efforts of multiple wool growers in the region. The skein was then dyed by Michelle of Color Wheel with a mix of collected native flowers, leaves, and acorns gathered from her favorite place. This golden yellow is a fingerprint of the color we are surrounded by in our Great Lakes state. Actually, yellows of all various shades are abundant in our state. Learning this through exploration was one of the main instigators in us creating Color Wheel.

Having the opportunity to grow colors locally that would otherwise only be available via the internet allows us a greater rainbow of local hues and a wider palette to include in our Fibershed collections. It also offers the hands-on opportunity to connect with the plant and stimulate the folk pathway of shared knowledge with the history that plant has to offer.

Applying locally foraged or grown color to local fibers, grown and processed in our region, was a main goal we had and reached this year. Through Color Wheel, we are able to grow colors that do not grow as abundantly in nature, especially in our mild, temperate climate, such as red from Madder root and blue from Japanese Indigo and Woad.

According to webexhibits.org, "Madder has been cultivated as a dyestuff since antiquity in central Asia, where it was grown as early as 1500 B.C. Cloth dyed with madder root pigment was found in the tomb of the Pharaoh Tutankhamun and in the ruins of Pompeii and ancient Corinth." With a history as rich as madder, one can't ignore the vivid imagination that stirs while carefully digging up homegrown roots that started from seed and take three years to reach maturity and finally offer the substantive dye for which this plant is known.

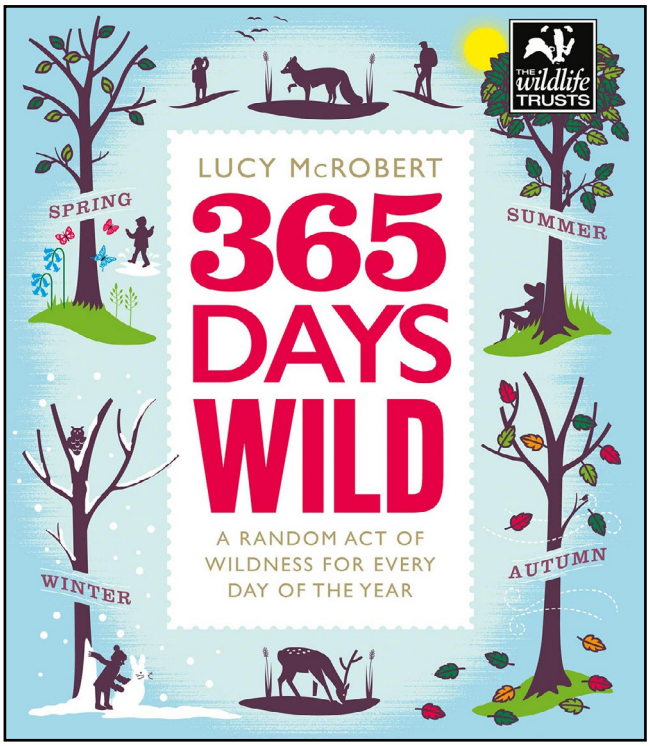
As for blues, nature has very few to offer by way of substantive color and lightfast dye. Japanese indigo and Woad both contain indigotin, an insoluble blue chemical that is the endpoint of indigo dye. Japanese Indigo contains a much higher quantity of indigotin, which eventually eliminated the Woad industry in Europe once trade routes to India were discovered in the late 15th century. Japanese Indigo is one of our favorite dyes to work with, and just as the other dyes, holds its own distinctive smell; an earthy smell, that signals that the living vat is healthy.

For us, Japanese indigo, this thousands-of-years-old dye, reminds us of samurai warriors, of planting the first seeds we grew in 2015 with a lot of hope, millions of happy pink flowers dangling for bees in the summer, harvesting and separating leaf from stem with a community of people eager to meet the result, "Ooohs" and "Aaahs" as the indigo fabric takes its "first breath" and begins oxidizing, bringing forth its incredible natural hue, and harvesting seeds in the fall to prepare and begin the entire cycle of growing and dyeing again in the spring."

Learn more about growing and creating local color and the local clothing movement in our article from Issue #73, True Colors: Growing and Creating Local Color with Colorwheel.

Crazy Wisdom Book Pick of the Week

By Sarah Newland



These 365 'Random Acts of Wildness' will encourage you to fall in love with, learn about, or even help wildlife and wild places near you.

A Random Act of Wildness is any little thing that you can do as part of your day, to enjoy nature. It can take a few seconds – like smelling a wildflower on the way to work; or a few hours – like creating a whole area for wildlife in your garden. Some Random Acts of Wildness don't take any time at all, but instead are little changes to your daily routine that will ultimately be better for wildlife, like buying a reusable coffee cup.

The best Random Acts of Wildness immerse you (if only for a few seconds) in nature, setting your senses alight. Smelling freshly fallen rain, tasting the sweet explosion of a fresh blackberry as you pop it in your mouth, wriggling your toes in the icy waters of a stream, waking up to bird song. It's not just about seeing, but experiencing the wild in every way possible. Let this beautifully photographed adventure guide inspire you and help you to discover your 'wildest' life.

Click here to purchase a copy of 365 Days Wild.

From Our Blog

What is Truth?

by Rebecca Williams

What is truth? In our world of 'fake news' and contested facts, truth can be difficult to grasp and even harder to hold. How can we look at an interaction or event and come to such dramatically different conclusions? To perceive it accurately requires a level of objectivity and nonattachment few of us possess. It is almost impossible to separate who we are and what we hold sacred from what we perceive. Truth is challenging to witness—it can be simultaneously terrifying and awe inspiring. Just when we think we understand, it suddenly gives way to a profounder meaning—a soul shaking reality that moves us to the very core of our being.

There are those who plumb this deeper truth, seeking to bring its wisdom and light to the surface to help and serve others. As humans we have always sought methods to better understand who we are, what to do in times of change, and how to navigate crisis. This is exactly what tarot readers, psychics, and other intuitives do. We use our skills to help you understand your world and give you the tools to make positive, life affirming choices. As a tarot reader, I use a large deck of cards with distinct pictures and images painted on each card to guide my work. Tarot cards provide a pictorial map, describing our current lives and metaphorically illustrating our journey to what may become.

I purchased my first tarot deck 30 years ago and have used many throughout the years. The tarot decks I use for readings I've specifically chosen for their ability to anchor the words, metaphors, and images I receive in a reading. Like old friends, we work together to tell the story of a life and where it's going, or peer more deeply into current events and why they are occurring. Our brains process images differently than words—images can provide another doorway for a deeper wholeness to emerge. When combined with intuition, these sacred symbols illuminate our own inner wisdom. Powerful A-ha moments of insight occur when the words and images shift confusion and chaos into truth and wisdom. Every person has a deeper understanding of their own nature, however cloudy it may be at the moment. This is your truth. The more I can engage your own inner wisdom, the more the tarot reading will resonate and positively echo in the future. The past is important only as it relates to how we got here and where we are going.

Read more on our blog.

5 questions for author

Nishi Sighal

When did you know you were a storyteller?

I have always been around kids from a young age. When I was 6, my mom started to run a local montessori school where I would hang out with the kids after school and during my summer breaks. I LOVED making up stories and drawing our elaborate characters with crayons with them!

What draws you to a story? What is it you love about stories?

A few things. They allow you to escape your surroundings and go into a magical new place. Stories, to me, have always felt like dreams. Stories also have allowed me to understand lessons more clearly. Whether as a child or an adult, I have always turned to storytelling as a way to either understand a concept or explain one to another.

What inspired you to write A Friendship Story: Heart & Mind?

An amazing group of kids I taught a yoga workshop to! We discussed the purpose of yoga and why breathing and present-minded awareness (aka meditation) were essential to the practice. When we discussed breathing techniques and when to apply, they not only brought up times in yoga where they could let out a nice big lion's breath, but also times in their day-to-day life when they maybe felt frustrated or impatient.

This workshop showed me something incredibly powerful. Kids are smart. They are intuitive. And, they don't want to live in the hustle and grind way adults tend to fall into. They want to play and have fun ,but also to learn, create, and be respectful.

Experiencing how playful and creative kids naturally are made me want to do something that would ensure they kept their true nature so they could live productive lives; not by sacrificing their joy, but integrating their joy into work, and knowing that "doing" isn't the precursor to fun—the fun is in the doing. Working and fun are not mutually exclusive.

Carrying this experience, the characters Mind and Heart were born to teach kids the function and role of their mind and their heart (intuition/gut feeling). It provides a lesson of how to create a partnership between your unique intuitive sparks that guide you in life and your mind which enables you to take positive action for a joyful and fun life.

When you were a child, what did you want to be when you grew up?

Lots of things! I wanted to be a mother, a doctor for babies (at the time I didn't know the word "pediatrician"), and a news reporter.

What was one of the most surprising things you learned about yourself while writing this book?

How easy it was for me to write. It all came pouring out of me. I believe that most of this book was written prior to putting pen to paper in yoga classes where I would visualize these characters of Heart and Mind as I laid in my savasana. It all felt like it was meant to be!

Learn more about Nishi Singhal on her website joyparade.co. For a deeper dive into her inspiration you can check out her inspiration post on her blog.

Yoga

pose of the week

SEATED TWIST—MARICHASANA

By Katie Hoener

Twists are sooooo soothing. They help support immunity, allow the body to cleanse cortisol, and engage and lengthen loads of muscles. Twists often offer us a lot of information, showing us where we hold tension, and where we may want to focus our efforts of surrender and support.

Coming into a seated twist:

Start with both feet out in front, legs long. Bend the right leg, planting the foot near the knee, or closer to the body if that feels okay. Inhale nice and long, and twist toward the bent leg. Only go so far that you feel good. You want to feel cleansed, not crunched! If it feels available to you, you may want to try crossing the right foot over the left and trying the twist. Also an option if your body feels ready is bending the bottom leg, as shown. Take what works, surrender all the rest. Find a place to breathe!

Katie Hoener is the Yoga Columnist for The Crazy Wisdom Community Journal. *She is an RYT 500, receiving her 200 and 500 hour trainings. She is a partner at Verapose Yoga in Dexter. Please send in your yoga questions to Katie@veraposeyoga.com.*

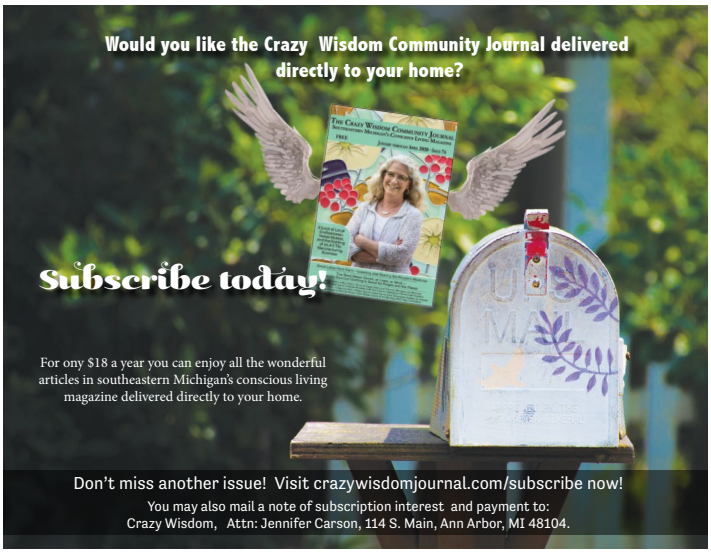
Heart of the Journey

PHYSICAL, MENTAL, EMOTIONAL, & SPIRITUAL BALANCE

Michelle McLemore, Healing Guide

Energy healing (certified Healing Touch, Sacred Geometry, and Reiki) plus over 30 strategies for improved health and stress management coaching.

@MichelleMcLemoreHealingGuide.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COMFORT FOOD

By Angela Madaras

Sloppy Joe Stuffed Crescent Rolls

Easy Sloppy Joe Stuffed Crescent Rolls are the quickest appetizer, small meal, or a great party food.

Makes 16, Prep Time 15 minutes

Ingredients:

2 Cans crescent rolls
1 Pound ground beef, pork, chicken, turkey, or TVP
15 Ounces sloppy joe sauce or any similar sauce you prefer
1 1/2 Cups shredded cheese
Italian seasoning to taste

Instructions:

Preheat oven to 350 degrees. Grease 16 cups in muffin tins.

Brown and crumble ground beef until cooked through. Drain meat if desired. Add sloppy joe sauce, and heat until warmed through.

Meanwhile, place one crescent roll into each muffin cup. Press dough into the muffin tin and up the sides, creating a little base for the meat mixture.

Spoon about two tablespoons of sloppy joe mixture into each roll lined muffin cup. Sprinkle grated cheese over the meat in each cup.

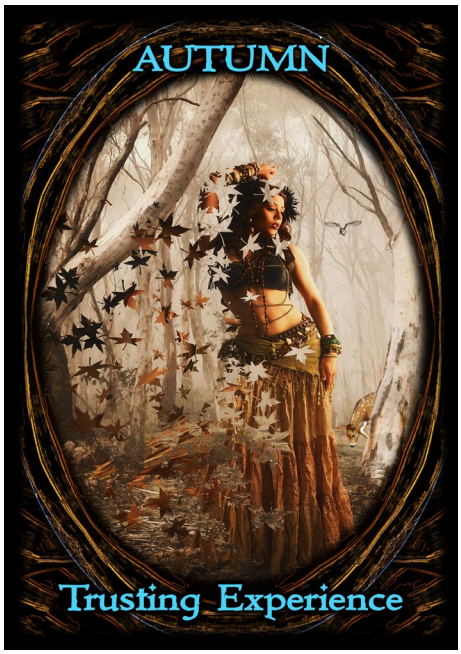
Pull corners of crescent roll up to cover filling, and pinch together. (Don't worry if there is cheese and sloppy joe mixture peeking through cracks in the crescent roll. It will be okay!)

Sprinkle tops of sloppy Joe bundles with Italian seasoning.

Bake for 12-14 minutes, until tops are golden brown. Let sit for about 3-5 minutes then enjoy while they are hot.

Oracle Card of the Week

By Austeen Freeman



Mystic Wanderer, Copyright © 2020 Austeen Freeman. Artwork Copyright © Kate Osborne

Though it may appear much is falling away,
I'm only releasing what's not welcome to stay.
Embracing loss, I must dive into this chance,
For no matter what, my life will be enhanced.
The mystical journey is long and true,
I'll be courageous and wander through.

As the tree loses it leaves, so we also lose people, relationships, and opportunities. Now is the time to place unconditional trust in the universe, knowing that even though it is a time of great change and loss, your past has proven that you can and will emerge out of this wiser and better prepared. This is an opportunity to release what no longer serves you and ready your garden for what is yet to come. The wanderer wants to remind you that you need to grieve for whatever you have lost or what has changed, even if it is something insignificant. Grieve for the relationship that has moved on, anything that has recently walked out of your life, and you may also grieve for a 'simple' item, such as an article of clothing that is now worn out. This is an important practice that is often missed; you deserve time to process and be upset, but then fall back into faith, trusting what is to come will be for the better.

Energetically and physically carve out some time this week to grieve for what you have lost. Don't be afraid to express your emotions at this time and remember that every lost piece of our life makes way for bigger and better things. Be there for a friend who has experienced emptying and gently remind them of this lesson, so they can move forward a little wiser.

The Mystic Wanderer Oracle Cards *are coming soon and should arrive in the USA mid-August. If you are interested in purchasing one of these decks directly from the author, email Austeen at austeen.freeman@gmail.com*

Artwork by Ani Daher. See more on her Instagram.

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The Crazy Wisdom weekly Calendar

Health and Wellness

Goodbye, Burnout! (FREE 5-day challenge) • August 10 • 7 a.m. • Join Integrative Nutrition® Health Coach Liza Baker for 5 days of super-simple practices that will start you on the road from burnout back to health. The challenge will take place August 10–14 via email and in a private Facebook group. For more information email Liza Baker, atliza@simply-healthcoaching.com or visit Goodbye, Burnout online.

Online Workshops

D.O.V.E. Divine Original Vibration Embodiment System Training (Karen Greenberg's Clair-Ascension Kabbalistic Balance) • August 7 • 10:00 a.m. • After studying D.O.V.E. System manual, learning to identify and repattern client's limiting beliefs, thoughts, attitudes, and patterns, and assisting client in expressing any commensurate low-vibrational emotions, through the Tree of Life, learn to Kabbalistically balance client's energy via art, movement, music, toning, sound, aromatherapy, gemstones, sacred symbols, connecting with G-D, Archangels, Angels, Masters of Light, trees, powerful Archetypes, and more. For more information call Karen Greenberg at (734) 417-9511 or email krngrnbg@gmail.com, or visit their website, clair-ascension.com.

Healthy Boundaries with Karen Greenberg • August 9 • Noon • Learn how to define "Healthy Boundaries" for and with yourself, and how to set and enforce them (without caving in), and how to respect others' boundaries, in all kinds of personal and professional relationships and situations. Role play is a chief learning tool in the work.For more information call Karen Greenberg at (734) 417-9511 or email krngrnbg@gmail.com, or visit their website, clair-ascension.com.

Weekly Zohar (The Book of Radiance) Study • August 16 • 8 p.m. • Explore the hidden and mystical meanings concealed in the Old Testament (Torah); deepen your spiritual knowledge, awareness, consciousness, and connection. For more information call Karen Greenberg at (734) 417-9511 or email krngrnbg@gmail.com, or visit their website, clair-ascension.com.

Shamanism

Shamanic Animal Healing • September 15 • 7 p.m. • In seven weeks, explore unique perspectives for animal healing that draw upon core shamanic practices as well as other traditions. Students will develop a toolkit of techniques within a supportive, interactive, and experiential learning framework of instruction from a professional animal communicator who also practices shamanism. Pre- requisite: students must know how to journey. Knowledge of animal communication not necessary. Class is online every Tuesday for 7 weeks. Fee is $325/$280 if paid by Sept. 1, 2020. For more information contact Judy Ramsey at 734-665-3202 or ramsey.judy003@yahoo.com or visit her online at Judyramsey.net.

Meditation, Yoga, and Martial Arts

Myriad of Meditations • August 9 • 6:30 p.m. • Meditation is an essential component to spiritual evolution. Learn a myriad of meditation techniques, to discover which resonate for you (possibly dissolving years of resistance to mediation). Learn meditations with fire, water, air, earth, with the Four Worlds, with different breathing, with Holy Geometry, sacred letters, powerful Archetypes, spiritual beings, qualities of G-D, with movement, music, toning, colors, scents, gemstones, and trees, including several guided meditations through the Tree of Life.

Meditation Retreat with Courtney Fitzpatrick • August 9 • 1 p.m. •Feeling burned out and need a break? We could all use some time away from the daily grind of our lives for a little bit. Put your phones on Do Not Disturb, tell your family and friends you'll be "away" and join us for some gentle yoga, meditation lecture/instruction, guided mediation, silence (to meditate or to journal) and ample time to simply Be. Join us for some or all of our four hour Virtual Nourishing Meditation Retreat. $35 for the 4 hours. You're welcome to come and go as you please - we ask that you join us for the very first part, to lay the foundation. For more information visit Verapose Yoga online at Veraposeyoga.com.

Get your calendar listings in by Monday morning at 10 A.M. for the next Crazy Wisdom Weekly Issue!
Send your listing in here.

For to be free is not merely to cast off one's chains, but to live in a way that respects and enhances the freedom of others.

—Nelson Mandela

Photo by Devin Avery on Unsplash